

# Lotus of the Buddha

## 50 Sayings for Awakening

By Chandy Garcia





## Introduction

The words of the Buddha have echoed through the centuries, carrying a wisdom that transcends culture, time, and belief. His teachings were not meant to be worshiped, but to be *\*lived\** – simple truths that guide us toward peace, compassion, and understanding in a world often filled with suffering and confusion.

This book gathers some of the most profound teachings attributed to Siddhartha Gautama, the Buddha. Each saying has been carefully chosen for its timeless relevance and power to awaken mindfulness in everyday life. Alongside every quote, you will find a short explanation – not to define the Buddha's words, but to help the reader reflect and find meaning within their own heart.

Whether you are new to Buddhism or simply seeking moments of clarity and calm, may these teachings serve as a lantern along your path — guiding you gently toward inner stillness, compassion, and awakening.

As the Buddha said:

“Just as a candle cannot burn without fire, men cannot live without a spiritual life.”

May this small book light your way.

1. "Peace comes from within. Do not seek it without."

The world offers endless noise — promises, pleasures, and fears.

Yet true peace does not live in those places.

It arises when the heart rests in stillness, when we stop searching outside and listen to the quiet within.

2. "The mind is everything. What you think, you become."

Our thoughts are the architects of our destiny.

A gentle mind shapes a gentle life; a stormy mind invites unrest.

When we learn to guard our thoughts with wisdom, we begin to shape a world of clarity and compassion.

3. "Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."

Anger is a fire that consumes its holder first.

When we cling to resentment, we feed the flame that scorches our own heart.

Letting go is not weakness — it is release, and release is freedom.

4. "You only lose what you cling to."

The hands that grasp cannot receive.

Everything in life is passing — love, sorrow, breath, and time.

When we let go of attachment, we discover that nothing truly ours can ever be lost.

5. "Three things cannot be long hidden: the sun, the moon, and the truth."

Truth has its own light.

Even when veiled by lies or fear, it waits patiently to be seen.

The wise do not rush truth; they uncover it slowly, like dawn revealing the earth.

6. "Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

Riches fade, beauty changes, but contentment endures.

To wake each day with a peaceful heart and a loyal spirit — this is real abundance.

True wealth is found in gratitude.

7. "No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

Each step toward enlightenment is taken alone.  
Guides can show the way, but no one can walk it for us.  
Freedom begins when we stop waiting for rescue and rise in awareness.

8. "Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

Joy is not diminished by giving; it grows.  
Like light spreading through darkness, one act of kindness can ignite countless others.  
Happiness multiplies through compassion.

9. "Better than a thousand hollow words is one word that brings peace."

Speech can wound or heal.

Words born from ego echo and vanish; words born from truth linger and soothe.

Say little, but say what is real.

10. "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

The past is smoke, the future a mirage.

Only the present is solid beneath our feet.

To live fully now is to taste eternity.



11. “If you light a lamp for someone, it will also brighten your path.”

Kindness is a circle that always returns.

Every act of compassion you offer becomes a light to your own soul.

In giving, we are illuminated.

12. “To understand everything is to forgive everything.”

Judgment fades when understanding deepens.

When we see the pain that drives another’s actions, the heart softens.

Forgiveness is not forgetting — it is seeing clearly.

13. "There is no path to happiness: happiness is the path."

We chase happiness as if it lies ahead, yet it walks beside us.

Peace is not a reward but a way of being.

When we walk mindfully, each step is joy itself.

14. "As rain falls equally on the just and the unjust, let your heart be impartial to all."

Compassion does not measure worth.

It flows freely, like rain nourishing both flower and weed.

The awakened heart loves without condition.

15. "Your work is to discover your world and then with all your heart give yourself to it."

Purpose is not found; it is lived.

When we give ourselves fully to what we love, our life becomes a prayer.

Fulfillment arises not from seeking meaning, but from embodying it.

16. "Just as a candle cannot burn without fire, men cannot live without a spiritual life."

Without inner light, existence becomes hollow.

Spiritual life is not about ritual but awareness — the quiet flame that guides us through darkness.

17. "Your worst enemy cannot harm you as much as your own unguarded thoughts."

The mind, when left unattended, can wound more deeply than any foe.

But watched with wisdom, it becomes the source of peace.

Mastery begins with mindfulness.

18. "If you truly loved yourself, you could never hurt another."

Selflove is not vanity, but awakening.

When you know your own worth, you recognize it in others.

From selfcompassion springs universal compassion.

19. "There is no fire like passion, no crime like hatred, no sorrow like separation, no sickness like hunger of the heart."

Desire, hatred, and longing consume the spirit.

Balance is the medicine.

A heart that is whole needs nothing to burn.

20. "An idea that is developed and put into action is more important than an idea that exists only as an idea."

Wisdom without practice is a seed left unplanted.

Action gives truth its roots.

The path is not known through thought, but through walking.



21. "Purity or impurity depends on oneself; no one can purify another."

Every soul must cleanse its own mirror.

No teacher, no god, no friend can wash away the dust we gather within.

The path of purification begins in selfhonesty.

22. "You will not be punished for your anger; you will be punished by your anger."

Anger is its own retribution.

It binds the heart in heat and smoke, obscuring wisdom.

When anger fades, peace rushes in like cool rain.

23. "He who experiences the unity of life sees his own self in all beings."

To awaken is to see that the line between self and other is illusion.

When the veil of separation falls, compassion arises naturally,  
and love becomes the law of life.

24. "Hatred does not cease by hatred, but only by love; this is the eternal rule."

Darkness cannot drive out darkness.

Only love has the strength to undo the harm that anger creates.

This is the Buddha's timeless promise — love is stronger than pain.

25. "Each morning we are born again. What we do today is what matters most."

Yesterday's failures are ashes; today is the flame.  
The moment you awaken, you are renewed.  
In this breath lies all the power to begin again.

26. "All that we are is the result of what we have thought."

We are not shaped by fate but by our own minds.  
Every thought sows a seed — of peace or of pain.  
Plant carefully, for your mind is your garden.

27. "Better it is to conquer yourself than to win a thousand battles."

Victory over others is fleeting; victory over the self is eternal.

When we master pride, fear, and greed,  
no outer defeat can touch the peace within.

28. "The trouble is, you think you have time."

We live as if eternity belongs to us, yet each moment slips away unseen.

To awaken is to live as though each breath were sacred —  
because it is.

29. "There is nothing more dreadful than the habit of doubt. Doubt separates people."

Doubt clouds the mind and divides the heart.  
When faith in goodness falters, harmony is lost.  
Trust in your deeper nature — it knows the way.

30. "Even death is not to be feared by one who has lived wisely."

Fear dies when wisdom blooms.  
To live with awareness is to die without regret.  
The one who truly sees life also sees that death is only change.

31. "Everything that has a beginning has an ending.  
Make your peace with that and all will be well."

Impermanence is the great teacher.

When we accept that all things rise and fall — love,  
pain, joy, and life —  
we no longer suffer their passing. Peace comes with  
surrender.

32. "Those who are free of resentful thoughts surely  
find peace."

Resentment is a chain forged in the mind.

To forgive is not to forget, but to break that chain.  
The free heart floats lightly through the world.

33. "A disciplined mind brings happiness."

The undisciplined mind wanders into desire and sorrow.

But the mind trained in mindfulness rests easily,  
like a calm lake reflecting the sky.

34. "If you find no one to support you on the spiritual path, walk alone."

The seeker's road is often quiet and solitary.

Truth does not depend on company;  
the awakened walk with silence as their companion.



35. "There is no path to enlightenment without compassion."

Wisdom without love is dry and cold.

Compassion is the warmth that gives life to knowledge.  
Through kindness, the heart and mind awaken together.

36. "Meditation brings wisdom; lack of meditation leaves ignorance."

In silence the mind clears,  
and what was hidden beneath thought begins to shine.  
Stillness is not emptiness — it is insight waiting to speak.

37. "In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you."

Life's measure is not in years, but in tenderness.  
To love deeply, to live softly, and to let go freely —  
this is the path of a heart at peace.

38. "Whatever words we utter should be chosen with care, for people will hear them and be influenced by them for good or ill."

Speech is the shadow of thought.  
Words have the power to build or break,  
to awaken or to wound. Speak as if each word were a  
seed.

39. "When you realize how perfect everything is, you will tilt your head back and laugh at the sky."

The awakened heart sees perfection even in imperfection.

Pain, loss, and joy — all are parts of the same great dance.

Realization ends in laughter, for nothing was ever truly broken.

40. "Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little."

Gratitude is the quiet joy of the wise.

Every moment, even the small ones, carries a lesson.

To be thankful is to live already in abundance.

41. "The one who has conquered himself is greater than the one who has conquered a thousand men in battle."

To master others brings pride, but to master oneself brings peace.

When the mind is calm and the heart is pure,  
no victory in the world can compare.

42. "In whom there is no sympathy for living beings, know him as an outcast."

The measure of a person lies not in status or belief,  
but in the kindness they show to life itself.

To harm another being is to wound our shared existence.

43. “When the student is ready, the teacher will appear.”

Life itself becomes the teacher when the heart opens.  
Every hardship, every joy, carries wisdom for those who listen.

Readiness is the true invitation for guidance.

44. “Work out your own salvation. Do not depend on others.”

Freedom is not granted — it is realized.

The Buddha’s path is one of selfawakening.

The journey inward cannot be walked by another’s feet.

45. "Just as treasures are uncovered from the earth, so virtue appears from good deeds."

Goodness reveals itself through action, not words.  
As the miner uncovers gold by labor,  
the wise uncover virtue by living rightly.

46. "As a water pot is filled drop by drop, so is the wise man filled with good."

Greatness does not arise in leaps but in quiet persistence.

Each kind act, each mindful moment,  
adds a drop to the vessel of awakening.

47. "If anything is worth doing, do it with all your heart."

Halfhearted living brings halfhearted peace.  
When we give ourselves fully to this moment,  
life responds in fullness.

48. "Better than worshiping gods is obedience to the laws of righteousness."

Faith without virtue is hollow.  
The divine is not flattered by prayer,  
but honored by right living.

49. "Hatred never ends through hatred; by love alone it ceases."

This truth echoes through eternity.  
The wheel of suffering stops only  
when love turns where anger once ruled.

50. "The way is not in the sky. The way is in the heart."

No heaven above, no path outside —  
the truth you seek resides within you.  
When you look inward and walk with awareness,  
you have already arrived.



## Closing Words

The Buddha's wisdom is not confined to temples or time.

It whispers through the breath, the silence, and the stillness of every living being.

These fifty sayings are lamps for the path — not to worship, but to walk by.

May they remind you, again and again,  
that peace is not found but remembered.

## About the Author

Chandy Garcia writes reflections on mindfulness, compassion, and inner freedom.

His works seek to bring ancient teachings into simple words for modern seekers.

May this book guide all who open it toward a gentler heart and a clearer mind.